

The [COVID-19 Risk Assessment Survey](#) is a new tool that the North Dakota Department of Health (NDDoH) has created for those who have COVID-19 symptoms and are unsure whether they should seek medical care. The online survey is designed to help residents determine if they have COVID-19 symptoms and identify close contacts, which are defined as people you've been within 6 feet of for more than 15 minutes.

As a reminder, symptoms of COVID-19 include fever, cough and shortness of breath. These symptoms may appear in as few as two days or as long as 14 days after exposure.

While COVID-19 testing is on-going and the number of positive cases in N.D. continues to increase, the basic prevention measures have not changed:

- Practice good hygiene by thoroughly washing hands for at least 20 seconds with soap and water, particularly after touching any frequently used item or surface. If soap and water are not available, use 60% hand sanitizer.
- Avoid touching your face.
- If you are not feeling well and have fever or respiratory symptoms, stay at home. Contact your healthcare provider if you need guidance on whether to seek medical care.
- Avoid people who appear to be sick.
- Cough or sneeze into your sleeve.
- Follow guidelines for social distancing by avoiding groups of more than 10 people, and staying close to home if you are a non-essential worker. Also avoid unnecessary shopping, travel and other outings.

For questions related to COVID-19, the North Dakota Department of Health hotline is open: 1.866.207.2880 from 7 a.m. to 7 p.m. seven days a week.

The CDC's page for prevention is also great resource: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Visit www.FargoCassPublicHealth.com/coronavirus to for additional information and resources.

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